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MANY YOUNG WOMEN NEED MORE IRON

Pale blood or mild chronic anemia is much more common among young women than men, according to health records of college students. Young mothers also often lack buoyant health because their blood is not so red as it might be. So nutritionists now believe that young women should eat more iron-rich food than men. Since the body can store very little iron, and foods contain only minute quantities, women especially should make sure of their iron rations every day.

In general, the low-cost iron foods are: All the leafy green vegetables from kale to turnip greens, and peas and beans, especially black-eyed peas and lima beans. But iron from animal foods seems easier for the body to use, so liver and other meat organs, egg yolk, all lean meat, and shellfish rate as excellent blood builders. Even the old iron kettle and the rusty pump may help. Traces of iron go into the food during cooking, and this iron happens to be in a form the body can use. Though foods like apricots, raisins, dates, and cabbage test high in iron, there is evidence that their roughage prevents the body from absorbing much of this iron.

Iron cannot build red blood alone. Protein, traces of copper, and vitamin C also are necessary. So a well-rounded diet is recommended for keeping blood red enough for best health.

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